# Woman's Page

## MARRIED LIFE ON \$80 A MONTH

Mrs. Eva Leonard's Story of Married Life on \$80 a Month-Household Helps-to Reduce the Ice Bill-To Wash Delicate Laces-Stiffening for Silks-Recipe for Dropped Scones-Unbleached Muslin Curtains Pretty as Well as Economical.

her shawl fall off her shoulders, "and she wanted a boy so that she could name it after her father." There was commiseration in her tone.

'Was the doctor disappointed?" ask-"I asked him once which he want ed, a boy or a girl. He said, I want

a baby. Well, I am glad he's got one. do not know a man who would enjoy one more," said Molly. "How is Olive?" she continued. "I know she is all right or you would not be over Was she very sick?"

"Desperately. But she is young and strong and when the little mite was laid in her arms she whispered, 'It is worth it all.'"
"Dear Olive." Molly wiped her

"Now the heaven of motherbood has opened for her. It will be a heaven in real earnest for her too.' continued Molly

"Oh it isn't always?" laughed Miss Ellson swaying softly back and forth. "Oh it takes so much judgment to know how to bring up a child that fi one is really conscientious the worry takes half the joy away."

"Olive has studied a great deal to fit herself for training the child, but her biggest asset, after all, is her sound common sense. She will have the ability to meet the unexpected and that is principally what one has to meet in bringing up children. brought up four motherless kiddies The comfortable mothfigure shook with reminiscent

'Do you like the nurse?" asked

"Like is not the word. One does not like an assemblage of all the vir tues. She makes me think of a ship under full sall. She glides majestichouse and comes to port by the side of the bed. I am the same as a grandmother to the little dear and I took it up this morning as it was crying. Miss Gaffin came alongside and took the child out of my arms saying, 'I never allow any one to touch any of my I stared and she continued, 'It is my business to get good habits established and a baby should not be handled by more than one person. I hung my head and disappeared." I see this is to be a thoroughly

modern baby " laughed Molly 'She knows that I am next in line great pains to be a lamp to one sit- it from a spoon on to a hot greased ting in darkness. She allows me to griddle, and fire on both sides. be a spectator when the sacred bath s taken. A cool bath in a cool room, UNBLEACHED MUSLIN CURTAINS finishes, and the little delicate thing pretty as well as economical. They he she weighs only seven pounds, is laid may be trimmed in various ways. a board to be dried and is handled as little as possible." There was blue denim on which arabasque de- Winnemucca January 11, and invited nothing but sunny amusement in the signs are appliqued. The motifs are recital though the words sounded sar- cut from light blue denim and couch-

Molly laughed heartily at the picture she presented. "Never mind, her reign is sure to

be shortlived. When she goes you can do as you please," she comforted. "I do not know. I imagine the grandmothers to tie and tuck under. to be outdone, began to boast, Mrs. Dunn counts for five or six." Miss Ellson rose and put her shawl over her head preparing to leave.

"How do you mean"" asked Molly. 'Oh, no one can do anything to

"It's a girl!" exclaimed Miss Ell-| terrible Gaffin this morning and adson dropping into a chair and letting vised her to change her ways." She laughed.

"Go on," grinned Molly.

"She said, 'Madam, I am in charge of your daughter and am perfectly competent to handle the case,' and swept by her into the sick room." "I am coming over when the pov ers that be issue a permit," called Molly as her caller went down the

HINTS FOR THE HOUSEWIFE. When the weather is cold enough to make ice, reduce the ice bill by set ting pails of water out to freeze.

The housekeeper can give the fambecoming tired of the plain diet.

When washing delicate laces do not use starch; if a little stiffening is needed, dissolve two lumps of sugar in a basin of water. This will give all the stiffening that is needed

A few drops of camphor on the toothbrush will give the mouth a fresh, clean feeling, and it will hard en the gums and prevent anything like cold sores or affections of the tongue

Sheets of tinfoil placed under doilies upon which glass pitchers or vases containing water are set will prevent the water from soaking through and marking the polished ta-

### STIFFENING FOR SILKS.

Gum water for stiffening silks, etc., is made as follows. One-fourth pound gum arabic, one fourth quart water. Wash the gum arabic in cold water, pour over the boiling water and allow it to dissolve. Strain through muslin, and keep in a bot-One dessertspoonful is used one-half pint water.

One-half pound flour, one ounce suear, one teaspoon baking soda, one large teaspoon cream of tartar, one Beat egg and sugar, mix dry ingredients, add to the egg mixture. Beat it very well. Thin down to nice batter with the milk, and drop

One is with a deep band of dark ed in place with white floss. Other colors may be used in the same way

COUNTS UP THE SAME

Stranger-It cost me \$100 last year for gasoline.

Asker-You own a car, then? Stranger-Oh no, I lent the suit her. She even arraigned the money to a fellow that does.

place for holding an important conference of all the western states to discuss rables among the covotes. Rocky Mountain spotted fever, the deer fly disease and other subjects. Dr. T. B. Beatty, state health commissioner, was so advised in a telegram yesterday from Dr. Rupert Blue, surgeon general of the federal public health service. Dr. Beatty believes that Surgeon Blue himself will attend the meeting and direct the dis-

cussions. Surgeon General Blue is calling the conference for February 2. It will probably last several days or a week and will bring to Salt Lake the health officials of all the western ades states, government health experts, experts of the various state bureaus interested in the extermination of dis- Arras district, east of Armentieres ease among wild and domestic aniand doubtless many local officials from the important western cities like San Francisco, Los Ange es, Denver, Portland and Seattle.

Suggested by Beatty. This meeting developed from the uggestion of Dr. Beatty for a meeting in Salt Lake during the coming woolgrowers' convention of all the lly extremely plain meals, but she health commissioners of near-by west should, once in a while, provide an ern states, for discussion especially unexpected dainty to prevent their of the rables epidemic among coy About that time the public otes. health service was looking into the rables question and Dr. Blue suggest ed that if western states wanted it the service would call a big confer

Dr. Beatty and other western ence. health officers indorsed the plan, and yesterday the following message came to Dr. Beatty from Surgeon General Blue, at Washington. 'In compliance with your of the western state and territorial cess of hydro-chloric acid in the stom

Rocky mountain spotted fever and of the importance of the conference I deemed it necessary to allow the send representatives. Hence the nostponement from the date suggested Letter follows.

It had been first suggested that the conference be held here January 11. Second in History.

This is said to be only the second time in its existence that the public health service has called a conference, and the previous one was not as large nor as comprehensive as this The other one was that called at San Francisco to investigate bubonic plague spread by rats.

The rabies epidemic has been citing much comment in the last few weeks, particularly since it began to spread in the neighboring state of Although some unconfirmed reports have been received at headquarters of the state board of health, no actual case of rabies has been found in Utah as yet.

Governor William Spry yesterday received a telegram from Governor mmet D. Boyle of Nevada. He said vada state officials and county and city officers of that state to meet in Governor Spry to send a Utah repre sentative to the meeting. The message came late yesterday. Governor Spry will take up the matter and reply to Governor Boyle today.

Rocky mountain spotted fever, Asker, the owner of a new car, discussed at the big meeting under for the ensuing year: had been dilating on the expense direction of the federal health server. C. A. Bushnell, reco rules will have to be very strict, with of its maintenance. Stranger, not ice, is an alarming complaint which O. A. Kennedy, financial secretary, has done much damage in Idaho and Christensen, librarian, Montana, where the health service has been making investigations. Is New Disease.

It is a comparatively new disease, attacking sheep and cattle, and proving fatal in most cases. It is almost uvariably fatal to human beings who ontract it. Successful treatment of t has not yet been discovered.

The deer fly disease is said to be peculiar to Utah. An investigator for he federal service was here last summer looking into it. In some localities of Utah the bite of the eer fly has proven fatal to human Treatment of this strange alady has not been discovered. It is believed that other states will Lake next month will be the most ercise in the fresh air weakens the important affair of the kind ever oxygen-carrying power of the blood.

T. S. ROYLANCE HAS

Roylance, formerly of has recently bought a controlling interest in the Ogden Fruit company at night. and has taken the management of the firm. He has made Ogden his permanent home and says that he is very much taken up with the city. The company now has quarters in the Kiesel company building at and Wall avenues.

Mr. Roylance states that his company will continue to handle all kinds of produce and will establish a job-

INSTRUCTIONS ARE

Special instructions to its agents. governing the handling of shipments of liquor in the state of Oregon, which became dry territory January 1, have been prepared by the general freight department of the Oregon

of liquor to enter the state, but no erson may receive more than one shipment every four weeks.

Agents of the Oregon Short Line are being instructed to keep an ac curate record of all shipments of liquor received and to obtain the signatures of the persons to whom the shipments are delivered. Before the agent can deliver the shipment, the person receiving it must take an oath that he has not received a shipment of liquor within four weeks; that he is 21 years of age, and that he is not een decided upon by the United a habitual drunkard. The agents are States public health bureau as the authorized to administer the oath. Special attention of all agents is called to various provisions of the

> ENGLISH MAKE AIR RAIDS. London, Jan. 6, 11:05 p. m .- An offi cial statement Issued this evening concerning the British forces on the continent says:

"In addition to the rald on the aero drome at Doual, another raid was car ried out yesterday by eleven of our machines against a store depot at Le

"This morning one of our patrols dispersed a party of Germans just north of the Somme with hand greu

"The artillery activity on both sides today was principally confined to the and southeast and northeast of Yp

### SAYS ACID STOMACH CAUSES INDIGESTION

Excess of hydrochloric acid sours the food and forms gases.

Undigested food delayed in tomach decays, or rather, ferments the same as food left in the open air says a noted authority. He also tells us that Indigestion is caused by Hy have issued a call for a conference per-acidity, meaning, there is an ex health authorities to meet in Salt ach which prevents complete diges Lake February 2 to consider rabies, tion and starts food fermentation. Thus everything eaten sours in the other health matters. On account stomach much like garbage sours in a can, forming acrid fluids and gases which inflate the stomach like a tox states sufficient time to arrange to balloon. Then we feel a heavy, lumpy misery in the chest, we belch up gas, we eructate sour food or have heart burn, flatulence, water-brash or nau-

He tells us to lay aside all digestive acids and instead, get from any pharmacy four ounces of Jad Salts and take a tablespoonful in a glass of water before breakfast and while it is effervescing and furthermore, to continue this for a week While relief follows the first dose, it is important to neutralize the acidity, remove the gas-making mass, start the liver, stimulate the kidneys and thus promote a free flow of pure digestive juices.

Jad Salts is inexpensive and made from the acid of grapes and lemon juice, combined with lithia and sodium plosphate. This harmless salts is used by thousands of people for stomach trouble with excellent re-

regular weekly meeting last night in the city hall, the most important matter of business consummated being which is one of the scourges to be the election of the following officers

C. A. Bushnell, recording secretary; in recent years has been spreading Joseph H. Hill, organizer; Con. B. in the mountain states. Utah has Silva, subscription agent; A. V. Saverbeen practically free of it, but it stein, literature agent, and A. P.

### If Too Fat Get More Fresh Air

TAKE OIL OF KOREIN TO KEEP WEIGHT DOWN, OR TO RE-DUCE SUPERFLUOUS FAT.

People who are confined within doors and who are deprived of fresh, invigorating air and exercise must take precaution to guard against overspond to the call of the public stoutness, as fat acquired by indoor ealth service to discuss these men- life is unhealthy and a danger to the ces and that the conference in Salt vital organs of the body. Lack of exoxygen-carrying power of the blood, so that it is unable to produce strong muscles and vitality and the informa-tion of unsightly and unhealthy fat is

If you are 15 or 20 pounds above normal weight you are daily drawing on your reserve strength and are constantly lowering your vitality by carrying this excess burden. Any person who is satisfied in their own mind that they are too stout should go to a good druggist and get a box of oil of the firm of W. M. Roylance of Provo, kovein capsules, and take one after each meal and one just before retiring

Even a few days' treatment should show a noticeable reduction in weight, digestion should improve, energy return, footsteps become lighter, and the eltin less flabby in appearance. Why It Is Dangerous Oil of korein is inexpensive, can-Twenty-first street, between Lincoln not injure, helps the digestion and is designed to increase the oxygen-carrying power of the blood. Any person who wants to reduce their weight 15 or 20 pounds should give this treat-ment a trial. There is nothing better. A. R. McIntyre Drug Co, can supply you.-Advertisement.

> MONEY IN GROWING FLAX. How to make money from flax is explained by a writed in Farm and Fire-

have been prepared by the general freight department of the Oregon Short Line. Unlike marky other dry states, Oregon will permit shipments capped by the difficulty of getting a en from inquiging in rich and stimusurply of the from Russia, on account lating food, the change should be made gradually, allowing his system able to get only a small amount of to accustom itself gradually to the

WRIGHTS' WRIGHTS' WRIGHT "IT PAYS TO SHOP BEFORE

Tomorrow evening this store will be closed at seven o'clock, and will continue to close each Saturday evening at that hour until further notice.

By closing at this hour we are able to materially cut down? the expenses for the day, and therefore able to offer better values in merchandise. The Seven O'Clock closing also gives better service to our customers, for a full force of sales people are here during the entire day---and particularly that part of the day when the trade is heaviest. The store opens at eight-thirty tomorrow morning and closes at seven o'clock tomorrow even-

CROWDS ATTEND "CLEAN-UP" SALES

The crowds in attendance at these "Clean-Up" Sales, every & day during the present week, have been the talk of the town. The store has had the appearance of the week before Christmas, as far as the attendance has been concerned.

There are remnants and odds and ends and broken lots of all \$ kinds of stock which must be disposed of before the arrival of spring and summer stocks. In every department the counters are filled with these "close-outs," clearly pointed out with "Clean-Up" Sales Cards—no matter what your wants are, there's § a saving during the progress of this event.

### WRIGHTS' CLEAN-UP SALE

grown for the seed is a different vari- all the different muscles of the body ed free from all traces of pellagra. manufactured from, and is not so profitable to grow. But to get the best "A sedentary life, inactive and purble the south a decade ago, it was a believed that It was due to it must have scientific treatment and wait and waste away; with a lessened the public health service.

Experiments were conducted in several conducted in se sire to grow flax, either for its seed irritable." or for linen, and probably the linen mill officials would be glad to furn-

ish complete information." SAYS WOMEN ARE

everything and save \$5 in an hour.

dollars' worth of dry cleaning at home at very little cost by dissolving two ounces of solvite in two gallons of gasoline; then immerse the articles to be cleaned rub a little and in had passed away and the water soon a few moments the gasoline evaporates and the articles cleaned look as bright and fresh as new. Dry clean your own silk waists,

dresses, ribbons, belts, kid gloves, dresses, ribbons, belts, kid gloves, satin shoes, evening slippers, fine laces, net work, woolens, dresses, children work, woolens, dresses, dresse dren's coats, furs, veils, neckties, shawls, gentlemen's garments, fancy vests, lace curtains, rugs, in fact, everything that would be ruined by washing with soap and water. Noth ing will fade, shrink or wrinkle, making pressing unnecessary.

Dry cleaning at home is inexpensive

and effects a tremendous saving in the household and is really just as easy as laundering. Any druggist will sell two ounces of solvite which is simply a gasoline soap and your grocer or a garage will supply the gasoline. Then a wash boiler or dishpan completes the outfit. "As gasoline is very inflammable,

be sure to do your dry cleaning out

to Give Up Your **Professional Labors** 

retire from their callings and enjoy more cereals and fewer proteids.

"The abrupt change from an active idle member of the consuming class," mental work, eleven convicts at the bothered with constipation, billous spells, stomach trouble; others who

conditions. "To make the best linen the flax is should be indulged in. Regular hours flax from which fine linen is in order to insure the elimination of

The Agricultural Depart, more and greater demand upon the eral institutions. In an institution for

FORCE OF RAIN IN THE DESERT on the desert is given by a writer:

more force than anywhere else. In in less than no time the whole mountainside was a sheet of water running Using gasoline to dry clean swiftly down. Soon a great torrent began to pour under the rock where we were taking shelter, undermining it an threatening to throw it down upon us, a rock that weighed many, many tons. We emerged from there Dry cleaning at home is all the rage here, says a well-known downtown druggist. Any woman can do five came hall, and hallstones fell in such fury and of such incredible size that fury and of such incredible size that who stood exposed to their fearful ceased to come down the steep mountainside, and we went on our way, leading our horse.

Convicts at Mississippi State Farm.

The cause and cure of pellagra have nant matter. been alscovered to the satisfaction of government experts and state officials who have just concluded exhaustive breakfast, drink a glass of real hot

suffer annually from pellagra in the United States and that 7,500 deaths are directly due to the ravages of this disease. Now officials of Mississippi and other southern states where pellavice to workers who are planning to ease by educating the people to eat

peaceful old age:
On the promise of a pardon from Governor Brewer after a year's experi-On the promise of a pardon from of all the inside organs. side.

"It may be advantageous." he writes, "to some in regions where flax can be satisfactorily produced to know that at North Brookfield, Massachusetts, the only linen mill in the United States, and known as The Phoenix Linen Company, is very much handicapped by the difficulty of getting a capped by the mill ating food, the change should be satisfactorily produced to know article. I want to sound a note of warning to those contemplating such a move: "Safety first."

For a man in declining life whose gravy, syrup, corn bread, cabbage, sweet potatoes, rice, collards and cofficient to make anyone a pronounced crank on the subject of inside-bathing before supply of tow from Russia, on account lating food, the change should be

lessened | convicts developed definite amount of rich and stimulating food pellagra. Other convicts, drinking the same water and doing the same rounot permitted to go to seed before be- must be maintained; regular exercises tine as the eleven under observation ing cut. The variety of flax that is that will bring into play, and actively, but given an unrestricted diet, remain

the south a decade ago, it was at first results from flax grown for linen the poseless, with nothing to live for, no damp or spoiled corn. This theory right kind of seed must be used, and object in view but to live and eat and was soon dissipated by the work of

ment at Washington will give all impurse strings—how great the tempta-portant information to those who detion to become restless, nervous, and der five years of age incurred the disease, and none of the girls over sixteen who were doing comparatively hard work. Between the ages of five and sixteen, however, the disease was very prevalent, except among those girls who worked in the kitchen.

It was discovered that the kitchen workers were stealing all the meat, eggs and milk they wanted, while the other workers of the same age did not "In desert lands when it does rain," Set these proteid-containing foods he says, "it may come with much This was the basis on which the convict experiment was started-to determine whether the theory about the lack of proteid foods was correct.

> Start Tomorrow and Keep It Up **Every Morning**

Get in the habit of drinking a glass of hot water before breakfast.

We're not here long, so let's make our stay agreeable. Let us live well, eat well, digest well, work well, sleep well, and look well. What a glorious condition to attain, and yet, how very easy it is if one will only adopt the morning inside bath. Folks who are accustomed to feel

Exhaustive Experiments on ting headache, stuffy from cold, foul tongue, nasty breath, acid stomach, can, instead, feel as fresh as a dalsy by opening the sluices of the system each morning and flushing out the whole of the internal poisonous stag-Everyone, whether ailing, sick or

experiments on convicts at the Missis- water with a teaspoonful of limestone sipi state farm. The United States phosphate in it to wash from the be sure to do your dry cleaning out of doors or in a room away from fire public health service and the Mississtomach, liver and bowels the previous doors or in a room away from fire public health service and the Mississtomach, liver and bowels the previous doors or in a room away from fire public health service and the Mississtomach, liver and bowels the previous doors or in a room away from fire public health service and the Mississtomach, liver and bowels the previous doors or in a room away from fire public health service and the Missission and the Missission and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the Missission are the fire public health service and the fire public health service are the fire public health service and the fire public health service are the fire public health service and the fire public health service are the fire public health service and the fire public health service are the fire public health service and the fire public health service are the fire public health service and the fire public health service are the fire public health service and the fire public health service are the fire public h sippi medical authorities are con- ous day's indigestible waste, sour bile sippi medical authorities are convinced that pellagras caused by a restricted diet lacking in proteids and containing too many carbohydrates or cereals.

Ous day's indigestible waste, sour one and poisonous toxins; thus cleansing, sweetening and purifying the entire alimentary canal before putting more food into the stomach. The action of hot water and limestone phosphate on an empty stomach is wonderfully invigorating. It cleans out all the sour fermentations, gases, waste and acidity and gives one a splendid appetite Dr. David E. Spahr gives some adare taking steps to eradicate the displace to workers who are planning to ease by educating the people to eat getting ready for a thorough flushing

he says, "Is too much for a man who member of the producing class to an teered to submit to the diets proposed have sallow skins, blood disorders and by the experimenters to determine stelly completely complet

Read the Classified Ads. Read the Classified Ads.

Seedless Oranges California Order a dezen or a bex today. Serve this health-ful fruit at every meal.

All first-class dealers now have a plentiful supply.

Save Sumkist tissue wrappers for beautiful silverware. CALIFORNIA FRUIT GROWERS EXCHANGE 139 N. Clark Street, Chica

Ripe Juicy, Sweet

Delicious

Healthful

Tender